

# Sweet and Sour Tofu Veggie Stir Fry

Prep Time: 35 Minutes

Cook Time: 30 minutes

Serves: 2 servings

Sweet and Sour Tofu Veggie Stir Fry baked to a crispy perfection with a perfect meaty texture and the sweet and sour Asian stir-fry sauce is so delicious!

## Ingredients

### For the tofu

- 14 oz extra firm or firm tofu, pressed for 15 minutes, then cubed
- 2 teaspoons Soy Sauce
- 1 teaspoon oil or use sesame oil
- 2 tablespoons cornstarch
- 1 teaspoon rice flour
- ½ teaspoon garlic powder

### For the Sauce

- 1 teaspoon oil
- ½ teaspoon red pepper flakes
- ½ cup sliced red or white onion sliced into 3/4 - 1 inch pieces
- 1 cup sliced red bell pepper sliced into 3/4 - 1 inch pieces
- ½ cup sliced green bell pepper sliced into 3/4 - 1 inch pieces
- ½ cup chopped celery
- 3 cloves minced garlic
- 4 tablespoons apple cider vinegar
- ¼ cup maple syrup
- 1 - 2 tablespoons sugar - Optional if you like your sauce to be sweeter
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 teaspoon cornstarch mixed in ½ cup of water

# Preparation

## Instructions

1. Add the pressed and cubed tofu to a bowl, add in the soy sauce and oil and mix well, and let it sit for a minute, then add in the corn starch, rice flour, and garlic powder, and toss well to coat. You can bake or pan fry the tofu.
2. To bake, transfer the tofu to a parchment lined baking sheet and bake at 400 degrees F (200c) for 20 - 25 minutes.
3. To pan fry, transfer the tofu to a skillet over medium high heat, add 2 teaspoons oil, and add in the tofu, and cook until crisp and golden on most edges, then set aside.

## To make the sauce

1. Heat oil in a skillet or wok over medium high heat. When hot, add the red pepper flakes, give it a quick stir, then add in the onion, bell peppers, and celery, and mix well. Continue to cook until the bell peppers start to get golden brown on the edges, then add the garlic and mix in. Then add in the vinegar, maple syrup, sugar, soy sauce, and ketchup, and mix well. Bring to a boil.
2. In a small bowl, mix the cornstarch into the water and add the mixture into the skillet and bring to a boil.
3. Add in the baked or pan fried tofu and toss well to coat. If the sauce has not thickened to preference add an additional 1 tablespoon cornstarch mixed in  $\frac{1}{2}$  cup water and bring to a boil and remove from heat.
4. Serve over rice or cooked grains.